



Smoked Sea Salt Chocolate-Covered Turtles



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



1

CALORIES



5989 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz bittersweet chocolate
- ☐ 2 tablespoons butter
- ☐ 2 oz candy coating disks
- ☐ 14 oz individually wrapped caramels
- ☐ 1 cup bittersweet chocolate
- ☐ 3 cups pecans toasted
- ☐ 1 serving sea salt smoked (see note)
- ☐ 2 tablespoons shortening

☐ 2 tablespoons water

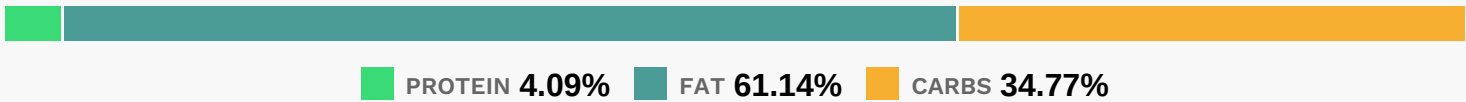
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wax paper

Directions

- ☐ Combine first 3 ingredients in a heavy saucepan over low heat, stirring constantly, until smooth. Stir in pecan halves.
- ☐ Remove from heat; cool in pan 5 minutes.
- ☐ Drop candy by tablespoonfuls onto a jelly-roll pan lined with lightly greased wax paper. Freeze 30 minutes.
- ☐ Melt chocolates and shortening in a heavy saucepan over low heat, stirring until smooth. Dip caramel candies into chocolate mixture, 4 or 5 at a time, allowing excess chocolate to drip off; place on lightly greased wax paper. Quickly sprinkle tops with sea salt. Chill until firm.
- ☐ Note: McCormick smoked flavor sea salt grinder is readily available and is what we first tested and tasted on this candy. Then we went online and found some other fine options.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:199.93, Inflammation Score:-10, Nutrition Score:64.528260645659%

Flavonoids

Cyanidin: 31.9mg, Cyanidin: 31.9mg, Cyanidin: 31.9mg, Cyanidin: 31.9mg Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg, Delphinidin: 21.62mg Catechin: 21.5mg, Catechin: 21.5mg, Catechin: 21.5mg, Catechin: 21.5mg Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg, Epigallocatechin: 16.72mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg, Epigallocatechin 3-gallate: 6.83mg

Nutrients (% of daily need)

Calories: 5989.04kcal (299.45%), Fat: 420.98g (647.66%), Saturated Fat: 128.73g (804.53%), Carbohydrates: 538.59g (179.53%), Net Carbohydrates: 487g (177.09%), Sugar: 418.14g (464.6%), Cholesterol: 105.29mg (35.1%), Sodium: 1394.03mg (60.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 248.02mg (82.67%), Protein: 63.38g (126.76%), Manganese: 17.23mg (861.52%), Copper: 7.24mg (361.98%), Magnesium: 935.29mg (233.82%), Fiber: 51.58g (206.34%), Phosphorus: 2031.7mg (203.17%), Vitamin B1: 2.47mg (164.52%), Zinc: 22.87mg (152.48%), Iron: 26.32mg (146.23%), Potassium: 3709.03mg (105.97%), Calcium: 942.42mg (94.24%), Vitamin B2: 1.55mg (91.35%), Vitamin E: 9.9mg (66.03%), Selenium: 42.94µg (61.34%), Vitamin B5: 6.09mg (60.94%), Vitamin K: 53.88µg (51.32%), Vitamin B6: 0.95mg (47.26%), Vitamin B3: 6.49mg (32.45%), Vitamin B12: 1.76µg (29.29%), Vitamin A: 1176.93IU (23.54%), Folate: 82.06µg (20.51%), Vitamin C: 4.85mg (5.88%)